

MPSSAA Girls' Cross Country Championships (Top Two Teams 1975-2006)

ALLEGANY Ch: 1997, 1998 Fn: 1988	HEREFORD Ch: 1978, 1979, 1980, 2004, 2005 Fn: 1984, 1996, 2002, 2003, 2006	SEVERNA PARK Ch: 1987, 1998, 2005, 2006 Fn: 1997
ATHOLTON Ch: 1987, 1988, 1989 Fn: 1986	HOWARD Ch: 2006	SHERWOOD Fn: 1979
BEALL Fn: 2001	WALTER JOHNSON Ch: 1996, 1997, 1998, 1999 Fn: 1991, 1992, 1993, 2002	SMITHSBURG Ch: 1978, 2000, 2001, 2006 Fn: 1979, 1984, 1985
BEL AIR Fn: 1975	JOHN F. KENNEDY Ch: 1983	SOUTHERN (Garrett Co.) Ch: 1996, 1999 Fn: 1995, 1997, 2002
BETHESDA-CHEVY CHASE Ch: 1976, 1977, 1978, 2002 Fn: 1979	FRANCIS SCOTT KEY Fn: 1994	TOWSON Ch: 1980, 1982, 1984, 2001 Fn: 1981
MONTGOMERY BLAIR Fn: 1979	LAUREL Ch: 1985 Fn: 1986, 1987	WALKERSVILLE Fn: 1982, 1983
BOONSBORO Ch: 1984, 1989, 1990, 1994, 1995 Fn: 1978, 1981, 1991, 1992, 1993	LEONARDTOWN Fn: 1989	WESTMINSTER Ch: 1984 Fn: 1983
BOWIE Fn: 1984	LIBERTY Fn: 1990	WALT WHITMAN Ch: 1990, 1991, 1992 Fn: 1988, 1989, 1995
BROADNECK Ch: 2002, 2003 Fn: 1998	LINGANORE Ch: 1993, 1994, 1995 Fn: 2000	WILDE LAKE Ch: 1996 Fn: 1997
BRUNSWICK Ch: 1982, 1983, 1985, 1991, 1992, 1993 Fn: 1989, 1990	LOCH RAVEN Ch: 2004 Fn: 1982, 1983, 1985, 1986, 1991, 2003	WILLIAMSPORT Ch: 1979, 1980, 1981, 1982, 2002, 2003, 2005 Fn: 1978, 2004, 2006
CATONSVILLE Ch: 1993 Fn: 1994, 1996, 1999	MCDONOUGH Ch: 1981 Fn: 1984	WINTERS MILL Fn: 2004
CENTENNIAL Ch: 1990 Fn: 1987	MIDDLETOWN Ch: 1981, 1991, 1992, 1997, 1998, 1999, 2000 Fn: 1980, 1990	CHARLES W. WOODWARD Ch: 1985
CENTURY Fn: 2005	MOUNT HEBRON Fn: 1997, 1998	C. MILTON WRIGHT Ch: 1988, 1999, 2000, 2004 Fn: 1985, 1994, 1996, 2001, 2002, 2003
WINSTON CHURCHILL Ch: 1979, 1991 Fn: 1977, 1978, 1980, 1985	NORTH CARROLL Ch: 1983, 1984, 1985, 1986, 2000 Fn: 1982, 1999, 2001	
CROSSLAND Ch: 1982, 1983 Fn: 1981	NORTH HAGERSTOWN Ch: 1987	
DAMASCUS Ch: 1994 Fn: 1995	NORTH HARFORD Ch: 1986	
DIGITAL HARBOR Fn: 2005	NORTHWEST Ch: 2002, 2003 Fn: 2004	
DULANEY Ch: 1981, 1992, 1994, 1995, 1996, 1997, 2001 Fn: 1982, 1993, 1998, 1999, 2000, 2004, 2005, 2006	NORTHWOOD Ch: 1975, 1977, 1978 Fn: 1976	
FALLSTON Fn: 1993	OAKLAND MILLS Fn: 1995	
FREDERICK Ch: 1989, 1995 Fn: 1980, 1981, 1988, 1990, 2004	OXON HILL Fn: 1977	
FRIENDLY Fn: 1976	PERRY HALL Ch: 1993	
GLENELG Ch: 1990, 2003 Fn: 1983, 1989, 1992, 1998, 1999, 2000, 2001	QUINCE ORCHARD Ch: 2001 Fn: 1991, 1992, 1994, 1996	
GREAT MILLS Ch: 1989	RIVER HILL Fn: 2000, 2005, 2006	
	ROCKVILLE Fn: 1980	
	ELEANOR ROOSEVELT Ch: 1986, 1988, 2004, 2005, 2006 Fn: 1978, 1987, 2003 2006	

Ch = Champion
Fn = Finalist

MPSSAA Girls' State Cross Country Championships (Top Teams 1975-2006)

YEAR	CLASS	CHAMPION	COACH	FINALIST	COACH
1975	Combined	Northwood—74	Dan Reeks	Bel Air—96	Linda Loebenstein
1976	AA	B-CC—52	Kerry Ward	Friendly—54	Sharie Dean
1976	ABC	Seneca Valley—62	Randy Changuris	Northwood—80	Dan Reeks
1977	AA	Northwood—35	Dan Reeks/Fran Perry	Churchill—113	Andy White
1977	ABC	B-CC—38	Kerry Ward	Oxon Hill—80	Paul Buckley
1978	AA	Northwood—70	Dan Reeks	Churchill—81	Andy White
1978	A	B-CC—38	Kerry Ward	Eleanor Roosevelt—97	Ralph White
1978	B	Hereford—62	Gary Horn	Williamsport	Rose Marie Williams
1978	C	Smithsburg	Don Stoner	Boonsboro	Dwight Scott
1979	AA	Churchill—69	Andy White	Blair—103	John Wofford
1979	A	Seneca Valley—68	Randy Changuris	B-CC—79	Kerry Ward
1979	B	Hereford—21	Jim Heffner	Sherwood—54	Bob Jasper
1979	C	Williamsport—30	Larry Wadel	Smithsburg—37	Don Stoner
1980	AA	Towson—78	Randy Walker	Churchill—94	Andy White
1980	A	Seneca Valley—55	Randy Changuris	Rockville—122	Bob Stack
1980	B	Hereford—56	Jim Heffner	Frederick—69	Jack Griffin
1980	C	Williamsport—34	Rose Marie Williams	Middletown—70	Ron Albaugh
1981	AA	Dulaney—53	Bob Dean	Crossland—82	Bill Smith
1981	A	McDonough—84	Joe Warfield	Towson—113	Randy Walker
1981	B	Williamsport—72	Rose Marie Williams	Frederick—81	Jack Griffin
1981	C	Middletown—35	Ron Albaugh	Boonsboro—63	Dwight Scott
1982	AA	Crossland—92	Bill Smith	Dulaney—112	Bob Dean
1982	A	Towson—46	John Massar	Loch Raven—101	Tony Donia
1982	B	Williamsport—54	Rose Marie Williams	North Carroll—114	Henry Adami
1982	C	Brunswick—44	Lee Zumbach	Walkersville—66	Bob Brown
1983	AA	Crossland—87	Bill Smith	Westminster—129	Jim Guilford
1983	A	Kennedy—67	Al Bellman	Loch Raven—73	Tony Donia
1983	B	North Carroll—80	Henry Adami	Glenelg—99	Roger Volrath
1983	C	Brunswick—38	Lee Zumbach	Walkersville—43	Bob Brown
1984	AA	Westminster—62	Jim Guilford	Bowie—66	Joe Clark
1984	A	Towson—69	John Massar	McDonough—74	Debbie Jennison
1984	B	North Carroll—53	Henry Adami	Hereford—66	Jim Heffner
1984	C	Boonsboro—50	Dwight Scott	Smithsburg—65	Rick Schultz
1985	AA	Laurel—69	Pete Adams	Churchill	Andy White
1985	A	North Carroll—53	Henry Adami	Loch Raven—127	Tony Donia
1985	B	Woodward—86	Greg Dunston	C. Milton Wright—125	Barbara Johnson
1985	C	Brunswick—35	Lee Zumbach	Smithsburg—46	Rick Schultz
1986	AA	Eleanor Roosevelt—51	Dan Rincon	Laurel—93	Pete Adams
1986	A	North Carroll—69	Henry Adami	Loch Raven—163	Tony Donia
1986	B-C	North Harford—87	Dave Starnes	Atholton—90	Earl Lauer
1987	AA	Severna Park—66	Jim Patton	Eleanor Roosevelt—102	Dan Rincon
1987	A	North Hagerstown—80	Frank McAdoo	Laurel—95	Pete Adams
1987	B-C	Atholton—75	Earl Lauer	Centennial—100	Al Dodds
1988	4A	Eleanor Roosevelt—84	Deborah McCracken	Whitman—104	Kerry Ward
1988	3A	C. Milton Wright—73	Barbara Johnson	Frederick—86	Sue Webster
1988	2A-1A	Atholton—87	Earl Lauer	Allegany—89	Ray Short

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YEAR	CLASS	CHAMPION	COACH	FINALIST	COACH
1989	4A	Frederick—59	Jim Weir	Whitman—68	Kerry Ward
1989	3A	Great Mills—94	Tim Sandstrom	Leonardtwn—111	Joe Krafty
1989	2A	Atholton—46	Earl Lauer	Glenelg—76	Roger Volrath
1989	1A	Boonsboro—41	Dwight Scott	Brunswick—60	Lee & Anne Zumbach
1990	4A	Whitman—58	Kerry Ward	Frederick—95	Jim Weir
1990	3A	Centennial—65	Al Dodds	Liberty—68	Dan Jones
1990	2A	Glenelg—47	Roger Volrath	Middletown—90	Sharon Boyer
1990	1A	Boonsboro—26	Dwight Scott	Brunswick—35	Anne Zumbach
1991	4A	Churchill—94	Ron McGaw	Quince Orchard—99	Gerald Link
1991	3A	Whitman—76	Kerry Ward	Walter Johnson—112	Greg Dunston
1991	2A	Middletown—47	Sharon Boyer	Loch Raven—75	Tony Donia
1991	1A	Brunswick—24	Anne Zumbach	Boonsboro—67	Dwight Scott
1992	4A	Dulaney—49	Bob Dean	Quince Orchard—109	Gerald Link
1992	3A	Whitman—61	Kerry Ward	Walter Johnson—95	Greg Dunston
1992	2A	Middletown—66	Sharon Boyer	Glenelg—72	Roger Volrath
1992	1A	Brunswick—41	Lee Zumbach	Boonsboro—62	Dwight Scott
1993	4A	Perry Hall—75	Marilyn Bevans	Dulaney—103	Bob Dean
1993	3A	Linganore—70	John Grim	Walter Johnson—90	Greg Dunston
1993	2A	Catonsville—43	Jeff McDaniel	Fallston—82	Carol O'Donnell
1993	1A	Brunswick—65	Lee Zumbach	Boonsboro—74	Dwight Scott
1994	4A	Dulaney—84	Bob Dean	Quince Orchard—89	Gerald Link
1994	3A	Linganore—46	John Grim	C.M. Wright—91	Barbara Johnson
1994	2A	Damascus—84	Robert Youngblood	Catonsville—84	Jeff McDaniel
(sixth girl tie breaker used to determine first place)					
1994	1A	Boonsboro—42	Dwight Scott	Francis Scott Key—75	Rich Salkin
1995	4A	Dulaney—56	Bob Dean	Whitman—99	Chris Flynn
1995	3A	Frederick—96	Frank Strakonsky	Damascus—99	Robert Youngblood
1995	2A	Linganore—41	John Grim	Oakland Mills—86	Steve Carnahan
1995	1A	Boonsboro—36	Dwight Scott	Southern Garrett—73	Louis Newcomb, Jr.
1996	4A	Dulaney—64	Bob Dean	Quince Orchard—103	Gerald Link
1996	3A	Walter Johnson—81	Greg Dunston	C. Milton Wright—128	Barbara Johnson
1996	2A	Wilde Lake—77	Charles Shoemaker	Catonsville—104	Jeff McDaniel
1996	1A	Southern Garrett—37	Louis Newcomb	Hereford—88	Brian Migliarini
1997	4A	Dulaney—82	Bob Dean	Severna Park—104	Ed Purpura
1997	3A	Walter Johnson—77	Greg Dunston	Wilde Lake—96	Charles Shoemaker
1997	2A	Middletown—57	Sharon Boyer	Mt. Hebron—78	Mark Agnew
1997	1A	Allegany—46	George Brown	Southern Garrett—63	Louis Newcomb
1998	4A	Severna Park—82	Ed Purpura	Dulaney—107	Chad Boyle
1998	3A	Walter Johnson—62	Greg Dunston	Broadneck—103	Dana Dobbs
1998	2A	Middletown—46	Sharon Boyer	Mt. Hebron—96	Kevin George
1998	1A	Allegany—35	George Brown	Glenelg—84	Roger Volrath
1998	4A	C. Milton Wright—84	Eric Clark	Dulaney—86	Chad Boyle
1999	3A	Walter Johnson—63	Greg Dunston	North Carroll—89	Kourtney Purcaro
1999	2A	Middletown—24	Sharon Boyer	Catonsville—82	Jeff McDaniel
1999	1A	Southern Garrett—40	Louis Newcomb	Glenelg—54	Roger Volrath
2000	4A	C. Milton Wright—73	Murray Davis	Dulaney—82	Chad Boyle
2000	3A	North Carroll—66	Kourtney Purcaro	River Hill—91	Earl Lauer
2000	2A	Middletown—57	Sharon Boyer	Linganore—93	John Grim
2000	1A	Smithsburg—58	John Gest	Glenelg—60	Roger Volrath

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YEAR	CLASS	CHAMPION	COACH	FINALIST	COACH
2001	4A	Quince Orchard—55	Seann Pelkey	C. Milton Wright—98	Don Mickey
2001	3A	Dulaney—55	Chad Boyle	North Carroll—93	Denny Snyder/Diane Spalt
2001	2A	Towson—58	Ed Rafferty	Glenelg—86	Roger Volrath/Steve Ruckert
2001	1A	Smithsburg—75	Ray Shriver	Beall—98	Norm DeRosa
2002	4A	Broadneck—67	Dana Dobbs	C. Milton Wright—78	Eric Clark/Don Mickey
2002	3A	Northwest—99	Beth Muehl	Walter Johnson—109	Greg Dunston
2002	2A	Bethesda-CC—74	Tim Gilmore	Hereford—94	Elena Basignani
2002	1A	Williamsport—53	Randy Buchman	Southern Garrett—71	Louis Newcomb
2003	4A	Broadneck—59	Dana Dobbs	Eleanor Roosevelt—65	Desmond Dunham
2003	3A	Northwest—82	Beth Muehl	C. Milton Wright—96	Eric Clark/Don Mickey
2003	2A	Glenelg—87	Roger Volrath/Steve Ruckert	Hereford—91	Elena Basignani
2003	1A	Williamsport—35	Randy Buchman	Loch Raven—65	Dave Kreller
2004	4A	E. Roosevelt—71	Desmond Durham	Dulaney—95	Chad Boyle
2004	3A	C. M. Wright—95	Don Mickey	Northwest—113	Beth Muehl
2004	2A	Hereford—61	Elena Basignani/Russ Drylie	Winters Mill—77	Ken Fischer
2004	1A	Loch Raven—25	David Kreller	Williamsport—46	Randy Bushman
2005	4A	E. Roosevelt—61	Desmond Durham	Dulaney—93	Chad Boyle
2005	3A	Severna Park—68	Ed Purpura	River Hill—96	Earl Lauer
2005	2A	Hereford—37	Elena Basignani/Jason Bowman	Century—105	Wayne Reisberg
2005	1A	Williamsport—30	Randy Bushman	Digital Harbor—91	Lutalo Bakari
2006	4A	E. Roosevelt - 77	Desmond Dunham	Dulaney - 99	Chad Boyle
2006	3A	Severna Park - 80	Ed Purpura	River Hill - 116	Earl Lauer
2006	2A	Howard - 37	Matthew Stump	Hereford - 68	Jason Bowman
2006	1A	Smithsburg - 75	Ray Shriver	Williamsport - 78	Randy Buchman

MPSSAA Girls' Individual Cross Country Champions (1975-2006)

2.5 MILES—USNA

1975Mary WalshNorthwood15:07.0

2.0 MILES—USNA

1976AADebbie PavickDulaney12:36.2
1976 ..ABCMary WalshNorthwood12:01.3

1977AAJill HaworthBowie11:20.0
1977 ..ABCJeannette SimmsSmithsburg.....11:52.0

1978AAJill HaworthBowie11:26.3
1978AJill CottonE. Roosevelt11:43.7
1978BColleen DesmondDamascus11:59.7
1978CJeannette SimmsSmithsburg.....11:54.5

2.0 MILES—UMBC

1979AAKarin WagnerLansdowne.....12:20.0
1979AMary CassidyGaithersburg12:21.7
1979BDebbie PaladinoCentennial12:39.4
1979CShelly SmithWilliamsport.....13:06.8

2.0 MILES—Hereford

1980AAKris KavetskiBowie12:13.6
1980ASue Kinnecome.....Northwood12:23.8
1980BAlyssa TerryWilde Lake12:14.6
1980CShelly SmithWilliamsport.....12:59.3

1981AAKris KavetskiBowie12:15.3
1981AMeagen Jensen.....Towson12:54.8
1981BTammy Walder.....Hereford12:13.4
1981CYvette LemkuhlBoonsboro13:14.0

1982AABetsy SchmidSpringbrook15:20.0
1982ABeth JacobsonKennedy15:19.0
1982BCindy KearnsWoodward14:59.0
1982CYvette LemkuhlBoonsboro15:52.0

1983AATammy DevoreChurchill14:46.0
1983ABeth JacobsonKennedy15:04.0
1983BZenny KoehlerAberdeen15:24.0
1983CJennifer AmyxWalkersville15:39.0

1984AAAnn HoeflerSpringbrook14:29.0
1984ABeth JacobsonKennedy14:43.0
1984BKathy Beresh.....North Harford.....15:24.0
1984CSharon Webb.....Smithsburg.....15:43.0

1985AARobin QuinlanBowie15:42.0
1985AKim BrackeenDouglass15:44.0
1985BKathy BereshNorth Harford.....15:52.0
1985CSharon Webb.....Smithsburg.....16:35.0

1986AAVirginia MattinglyWhitman16:05.0
1986ALatashia KeyN. Hagerstown16:37.0
1986 ..B-C.....Mary LeffelHereford15:45.0

3.0 MILES—Hereford

1987AARobin QuinlanBowie18:32.0
1987AJenny AtheyLaurel19:18.0
1987 ..B-C.....Steffi Rausch.....Howard19:06.0

19884AKim ManyKennedy18:25.0
19883AVikki BernhardtLoch Raven19:25.0
1988 2A-1AJenny HowardFallston19:17.0

19894ALaura HerathSeverna Park19:31.0
19893AAmanda CoxCentennial20:15.0
19892AJenny HowardFallston18:55.0
19891ALora PriceBrunswick.....20:11.0

19904AAmanda White.....Dulaney18:43.0
19903AAmanda CoxCentennial21:46.0
19902AJenny HowardFallston.....19:40.0
19901AJackie SemlerBoonsboro21:08.0

3.0 MILES—Western Maryland College

19914AAmanda White.....Dulaney17:25.3
19913ATonya WatsonKennedy19:20.5
19912AMichelle BarrettAllegany18:39.1
19911AAdrian UngerBrunswick.....19:06.9

19924AAmanda White.....Dulaney17:18.3
19923ASally Glynn.....Walter Johnson.....18:37.7
19922AAlicia AdamsGlenelg19:36.7
19921AAdrian UngerBrunswick.....19:10.5

3.0 MILES—Hereford

19934AKristen NicoliniAnnapolis18:26.2
19933ASally Glynn.....Walter Johnson.....17:24.0
19932ABridget Olp.....Catonsville18:54.3
19931AAdrian UngerBrunswick.....19:26.3

3.1 MILES—Hereford

19944AKrissy JostPerry Hall20:18
19943ASally Glynn.....Walter Johnson19:00
19942ADana StricklandAtholton21:49
19941AAdrian UngerBrunswick21:35

3.0 MILES—Hereford (New certified Course)

19954ASarah WassnerWatkins Mill.....20:02
19953ASally Glynn.....Walter Johnson19:29
19952AKristen RitterLinganore.....19:50
19951AElizabeth LowrieUrbana20:09

19964AKaty OrificiSpringbrook.....20:36
19963AJennifer FordThos. Johnson19:54
19962AMartha NelsonB-CC20:12
19961AElizabeth LowrieUrbana20:24

19974AClaudin Hull.....Quince Orchard20:22
19973AKelly CooganC. M. Wright19:18
19972ARandy BuzzellMiddletown19:36
19971AKjetil LowePoolesville20:33

19984AClaudin Hull.....Quince Orchard19:45
19983AColleen Lawson.....North Carroll19:58
19982AKari McCartyN. Hagerstown.....19:49
19981AErin DavisAllegany20:59

19994ATenke Zoltani.....Dulaney19:05
19993AColleen Lawson.....North Carroll19:38
19992AEmily BuzzellMiddletown18:58
19991ANori SamsAllegany20:49

20004AKaren PulliamQuince Orchard18:52
20003ALee McDuffRiver Hill20:00
20002ACori KochTowson.....19:28
20001ACarrie SelmerGlenelg.....20:49

20014AKaren PulliamQuince Orchard19:27
20013AAshley St. DenisWalter Johnson19:27
20012ACori KochTowson19:45
20011AJennifer PattonWestmar20:21

20024ALauren Centrowitz...Broadneck19:10
20023AAshley St. DenisWalter Johnson20:04
20022ABeth CatherwoodBethesda-CC19:59
20021ARachel ArmstrongBeall.....20:04

20034ALauren Centrowitz...Broadneck19:02
20033AAlison BarnesC. M. Wright19:47
20032AJessica HanlinNorth Hagerstown.....20:22
20031AAshley LockardClear Spring.....20:03

20044AHalsey Sinclair.....Montgomery Blair19:52
20043AAmy Watson.....North Carroll20:15
20042AAllison SmithAtholton19:38
20041AAshley LockardClear Spring.....20:36

20054AMarika WalkerE. Roosevelt.....19:18
20053AKatie HurseyNorth Carroll19:12
20052AAllison SmithAtholton19:24
20051ALauryn MacFawn.....Allegany20:15

20064AMarika WalkerE Roosevelt19:14.60
20063ALiz McCarterMt. Hebron19:49.11
20062AAllison SmithAtholton19:29.89
20061ALauryn MacFawn.....Allegany21:00.54

MPSSAA Girls' Individual Cross Country Champions (1948-2006)

1.5 MILES

1948 ...AFrank KaneDundalk8:15.1
 1949 ...AFrank KaneDundalk7:58.9
 1950 ...AHollis Almony.....Towson7:51.0

2.0 MILES

1952 ...ADick LindemanCatonsville11:02.0
 1952 ...BGerald McGuire.....Sollers Point.....10:33.5
 1953 ...ADick LindemanCatonsville10:47.6
 1954 ...AEd Vachino.....Kenwood.....10:43.6
 1955 ...AEd Vachino.....Kenwood.....10:41.5
 1956 ...ASal Ranieri.....Kenwood11:04.9
 1957 ...BJerry MartinHereford11:40.3
 1958 ...ASal Ranieri.....Kenwood10:51.1
 1958 ...BGlen Thompson.....Hereford11:05.0
 1959 ...ARamsey ThomasCatonsville11:00.3
 1960 ...AAIrvin HookDundalk10:36.8
 1960 ...BGene GarrettHereford11:19.8
 1961 ...AACharlie HarrisDundalk10:41.0
 1962 ...AAJohn LawlorNorthwood10:12.8
 1962 ...BJ. RowlandHereford
 1963 ...AADave PatrickKenwood.....10:40.0

2.5 MILES

1964Wayne VaughnS. Hagerstown13:01
 1964 ...AGeorge MinarakPerry Hall13:29.2
 1965 ...AByron Beam.....Kenwood13:12.8
 1965Wayne VaughnS. Hagerstown13:05.0
 1966 ...AABob GrayCrossland13:17.2
 1967 ...AAByron Beam.....Kenwood13:12.8
 1967 ...ABob GrayCrossland13:36.0

 1968 ...AAJames RuckertHigh Point.....13:46.0
 1968 ...AKenneth SundayThomas Johnson14:20.0
 1968 ...BEd SnodgrassNorth Harford.....14:35.0
 1968 ...CAndre HagerPoolesville.....14:47.0

1969 ...AAMike FertigWhitman12:41.2
 1969 ...ASteve KirkAllegany13:15.7
 1969 ...BEd SnodgrassNorth Harford.....13:49.0
 1969 ...CJesse HintonMt. Hebron14:13.0

1970 ...AAMarvin NestorOverlea12:58.0
 1970 ...ADale BatemanLaurel12:46.0
 1970 ...BScott CornwellHereford13:12.0
 1970 ...CJim DraperSmithsburg.....13:44.0

1971 ...AAGordon OliverBethesda-CC12:21.5
 1971 ...ASteve SmithEinstein12:57.0
 1971 ...BGary CornwellHereford12:59.0
 1971 ...CKirk DavisWilde Lake13:28.0

1972 ...AAJeff SmithTowson12:47.0
 1972 ...AJohn LottMilford Mill13:08.0
 1972 ...BDave CornwellHereford13:17.0
 1972 ...CDavid ShafferMiddletown.....14:01.0

3.0 MILES

1973 ...AAJim PetersonWheaton14:56.0
 1973 ...AEd BoggessKennedy15:17.0
 1973 ...BDave CornwellHereford15:29.0
 1973 ...CDavid ShafferMiddletown.....16:12.0

1974 ...AAJack MageeTowson15:03.0
 1974 ...AEd BoggessKennedy15:01.0
 1974 ...BDave CornwellHereford15:06.0
 1974 ...CDennis AlbrightBeall16:20.0

1975 ...AARichard BradyWhitman15:30.0
 1975 ...AJohn HolcombKennedy15:53.0
 1975 ...BRandy MitchellKent County15:20.0
 1975 ...CDave AdamsBeall16:13.0

1976 ...AAMike Sheely.....Kenwood15:34.5
 1976 ...AMike PorterFranklin15:40.0
 1976 ...BRandy MitchellKent County16:14.0
 1976 ...CJ. Blankenfield.....Beall

1977 ...AAKarsten Schultz.....Westminster14:59.0
 1977 ...AGary Hopkins.....Einstein.....15:10.0
 1977 ...BJohn CornwellHereford15:22.0
 1977 ...CDerrick WinfieldBeall16:00.0

1978 ...AAKelly LongWestminster15:27.9
 1978 ...ATom CuffSeneca Valley.....15:24.7
 1978 ...BBarry HoldenWilliamsport.....15:46.1
 1978 ...CMike SterlingCrisfield16:12.5

1979 ...AAMike BurneyHigh Point.....16:14.5
 1979 ...ADoug RohrerSeneca Valley.....16:12.3
 1979 ...BJohn WheelerCambridge/SD16:39.4
 1979 ...CMike SterlingCrisfield.....16:41.4

Hereford

1980 ...AARobby RaisbeckHigh Point.....15:14.0
 1980 ...APaul KolbWalter Johnson.....15:47.0
 1980 ...BScott SheppardNorth Harford.....15:52.5
 1980 ...CBrian ShellHarford Vo-Tech15:52.3

1981 ...AASteve KartaliaWestminster.....15:30.2
 1981 ...ARob HovermaleN. Hagerstown15:27.2
 1981 ...BMike Clearly.....Frederick15:21.3
 1981 ...CBrian Shell.....Harford Vo-Tech15:33.0

1982 ...AASteve KartaliaWestminster15:30.4
 1982 ...AWillie McBeathRockville.....15:38.0
 1982 ...BKen Fowler.....Centennial15:55.0
 1982 ...CRod YoungHammond16:08.0

1983 ...AAKris HerdtWhitman.....15:26.0
 1983 ...AScott MaceN. Hagerstown15:26.0
 1983 ...BJohn SchererGlenelg15:01.0
 1983 ...CTom DudleyBeall15:26.0

1984 ...AAEric MeleneyWhitman15:57.0
 1984 ...AKirk YoungCentral-PG15:40.0
 1984 ...BRichard KestnerNorth Harford.....15:50.0
 1984 ...CTom Nave.....Middletown.....16:32.0

1985 ...AADuncan Manville.....Bethesda-CC15:26.0
 1985 ...ALindsay DuvallTowson16:00.0
 1985 ...BRichard Williams.....Wicomico16:06.0
 1985 ...CChris StoneSparrows Point.....16:33.0

1986 ...AAJeff CampbellRandallstown15:40.0
 1986 ...ATim SonnerR. Montgomery16:19.0
 1986 ...B-C.....Kevin FarrellMiddletown.....16:15.0

1987 ...AAJeff CampbellRandallstown15:35.0
 1987 ...AChris NegliaThomas Johnson16:07.0
 1987 ...B-C.....Patrick HaydenOakland Mills16:14.0

1988 ...4AJeff CampbellRandallstown15:17.0
 1988 ...3ABrian HornLoch Raven.....16:15.0
 1988 2A-1APat RodriguesCentennial15:53.0

1989 ...4AThomas Ross.....La Plata16:30.0
 1989 ...3APat RodriguesCentennial16:18.0
 1989 ...2AMatt HolthausWilde Lake16:09.0
 1989 ...1ARuss AdamsBrunswick16:27.0

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